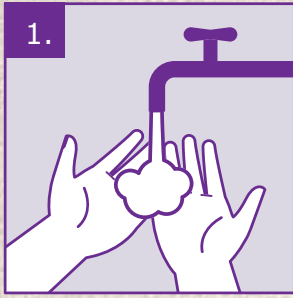
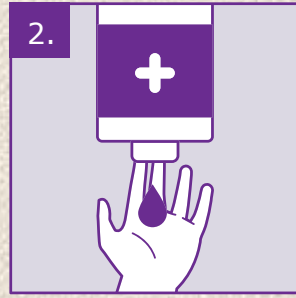


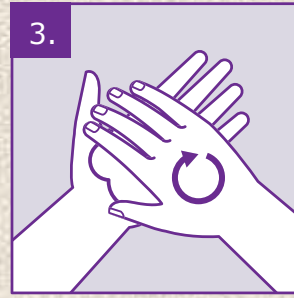
wash hands regularly!



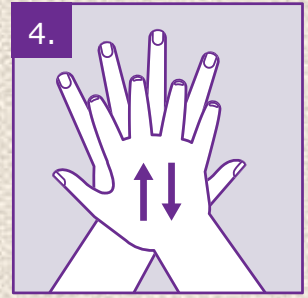
Wet your hands



Apply enough soap



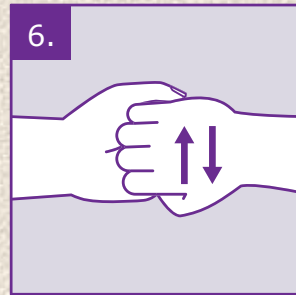
Rub hands palm to palm



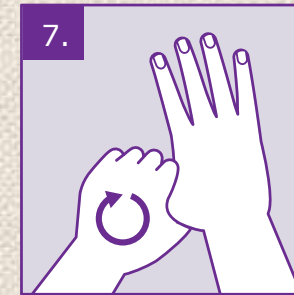
Lather the back of your hands



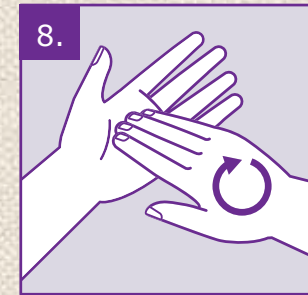
Scrub between your fingers



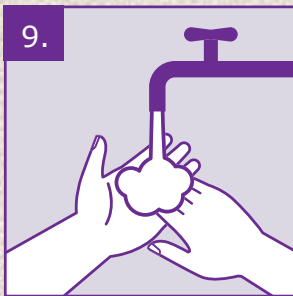
Rub the backs of fingers on the opposing palms



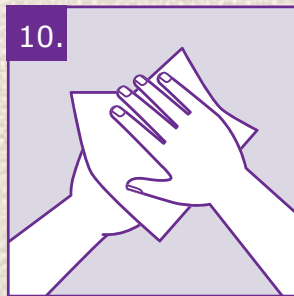
Clean thumbs



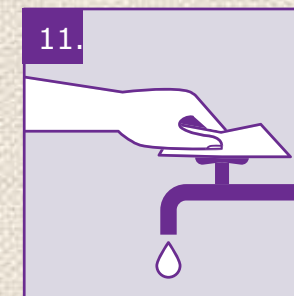
Wash fingernails and fingertips



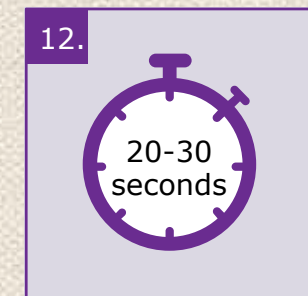
Rinse hands



Dry with a disposable towel



Use the towel to close the tap



Washing your hands should take 20-30 seconds.

Wash your hands regularly with soap and water for at least 20 seconds. Dry them thoroughly. If soap and water are not available, use an alcohol-based hand rub. Washing your hands properly takes about as long as singing "Campfire's Burning" twice

together we can beat covid-19!



be prepared